

Body Composition Standards

The body composition indicated below is required for applicants to the following Classifications: Deputy Sheriff (Lateral or Reinstatement), Reserve Deputy (Level 1 & 2), D.A. Investigator, Custody Assistant, Firefighter Trainee, Fire Suppression Aid, Forestry Technician, Forestry Assistant, and Ocean Lifeguard.

	<u>MEN</u>	<u>WOMEN</u>
BODY FAT NO MORE THAN	22.0%	33.0%

OR

WEIGHT NO MORE
THAN

HEIGHT*	MEN	WOMEN
5 ft. 0 in.	143 lbs.	129 lbs.
5 ft. 1 in.	146 lbs.	132 lbs.
5 ft. 2 in.	149 lbs.	135 lbs.
5 ft. 3 in.	152 lbs.	138 lbs.
5 ft. 4 in.	155 lbs.	144 lbs.
5 ft. 5 in.	158 lbs.	150 lbs.
5 ft. 6 in.	163 lbs.	156 lbs.
5 ft. 7 in.	168 lbs.	162 lbs.
5 ft. 8 in.	173 lbs.	168 lbs.
5 ft. 9 in.	179 lbs.	174 lbs.
5 ft. 10 in.	185 lbs.	180 lbs.
5 ft. 11 in.	191 lbs.	186 lbs.
6 ft. 0 in.	197 lbs.	192 lbs.
6 ft. 1 in.	203 lbs.	197 lbs.
6 ft. 2 in.	209 lbs.	204 lbs.
6 ft. 3 in.	215 lbs.	210 lbs.
6 ft. 4 in.	221 lbs.	216 lbs.
6 ft. 5 in.	227 lbs.	222 lbs.
6 ft. 6 in.	233 lbs.	228 lbs.
6 ft. 7 in.	239 lbs.	234 lbs.

* Applicants whose height falls between any of the measurements must meet the weight requirements of the lower height